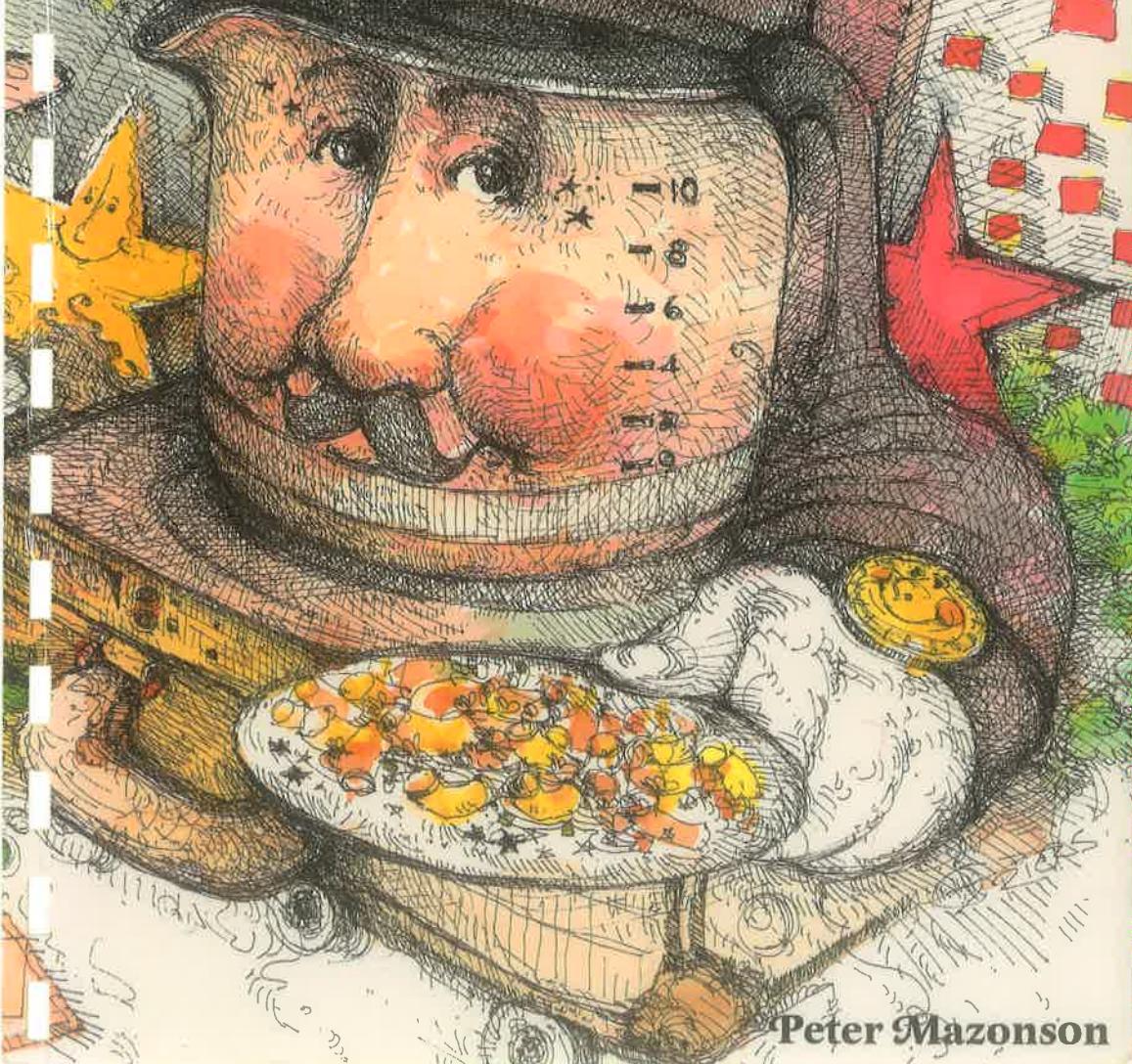


# Cooking Without A Kitchen

*The Coffeemaker  
Cookbook*



Peter Mazonson

# **Cooking Without A Kitchen: The Coffeemaker Cookbook**

By Peter Mazonson, MD, MBA

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## **Dedication**

This book is dedicated to my adventurous children, who helped me figure out how to cook in a coffeemaker and tested the recipes, and to my wonderful wife Mary Ann, who supports me in all my endeavors.

## Acknowledgments

Many people have encouraged and helped me in my efforts to write this book. First and foremost, I want to thank Megeen Egan for her expert editorial, technical, and administrative support and Ari Ofsevit and Diane Mazonson for their editing help. Thanks to Craig Hetzer and Alex Beam for their suggestions on marketing the manuscript. Thanks to Heather Meeker for her advice and counsel. Also, thanks to Andy Bindman, Rebecca Smith-Bindman, Kathy Zetes, Bernard Edelstein, Annie Epstein, and Warren Browner for their enthusiasm and input. Thanks to my business partner, Sheila Fifer, for not falling off her chair when I told her what I was doing with my spare time. Thanks to Jerry Newberry for arranging to have the restaurant staff serve my soup in a coffeemaker on the festive occasion of my wife's 40th birthday. Finally, thanks to Debbie Zanotti for testing all of the recipes.

## Introduction

With tongue - and a mouthful of fresh, parboiled vegetables - planted firmly in cheek, I am offering a cooking solution for the road-hardened, palate-deadened, American traveler and others who cook in cramped quarters. One Minute Manager - meet the Frugal Gourmet!

As a health care consulting executive and physician who travels untold miles visiting clients, I know how many nights business people spend in hotels eating expensive and unimaginative food from room service. And yet, the instrument of gastronomic salvation is sitting right in the corners of their hotel rooms — the modest, stout, coffeemaker.

The cookbook idea percolated into our lives when my wife and I took a one-week ski vacation with the kids. Usually, we rent a condo and cook on a stove or in an oven like everyone else. However, it was a school vacation week and the only space available was a hotel room with two double beds. My kids would return from the slopes famished and would look for something hot to eat. You can only go down to the hotel restaurant so many times to order fried chicken fingers. Searching for an alternative, my wife heated water in the coffeemaker to make instant chicken noodle soup, which we served with crackers and fruit for a nutritious snack. From this humble beginning, Cooking Without A Kitchen: The Coffeemaker Cookbook was born.

Once home, we decided to experiment with recipes. In no time, we were steaming baby carrots and snap peas in the filter where the coffee usually goes. Ten cups of water later, we had created perfectly cooked vegetables, still a bit crunchy with all of the flavor intact. Much to our amazement, as we went on to explore pasta, seafood, and sauces, we discovered that for many kinds of food, a coffeemaker is a terrific, safe, and easy way to cook. Skeptical? Keep reading and I'll convince you.



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## •Why?

Why cook in a coffeemaker? For the average person who does not travel on business and does not measure his or her self worth in terms of frequent flier miles, this is a very reasonable question. However, for the road warriors who vie for first class upgrades and spend a good portion of their lives in hotels, the answer is obvious: There are no other appliances lying around a hotel room with which to cook! One could consider making grilled cheese sandwiches with a clothes iron, but this would create a real problem for the next person who needed to iron his or her shirt. As an added bonus, many of you are given meal allowances when you're on the road. If you don't spend the money, you get to keep it.

If the financial incentive was not enough to convince you, the reality is that most room-service food is unexciting. Furthermore, even simple items ordered from room service tend to be overpriced. Only the coffeemaker provides the means to get a hot meal in the privacy of your own hotel room at a reasonable price and with minimal effort. In fact, using this book, you'll be turning out great tasting food in no time, even if you hate to cook.



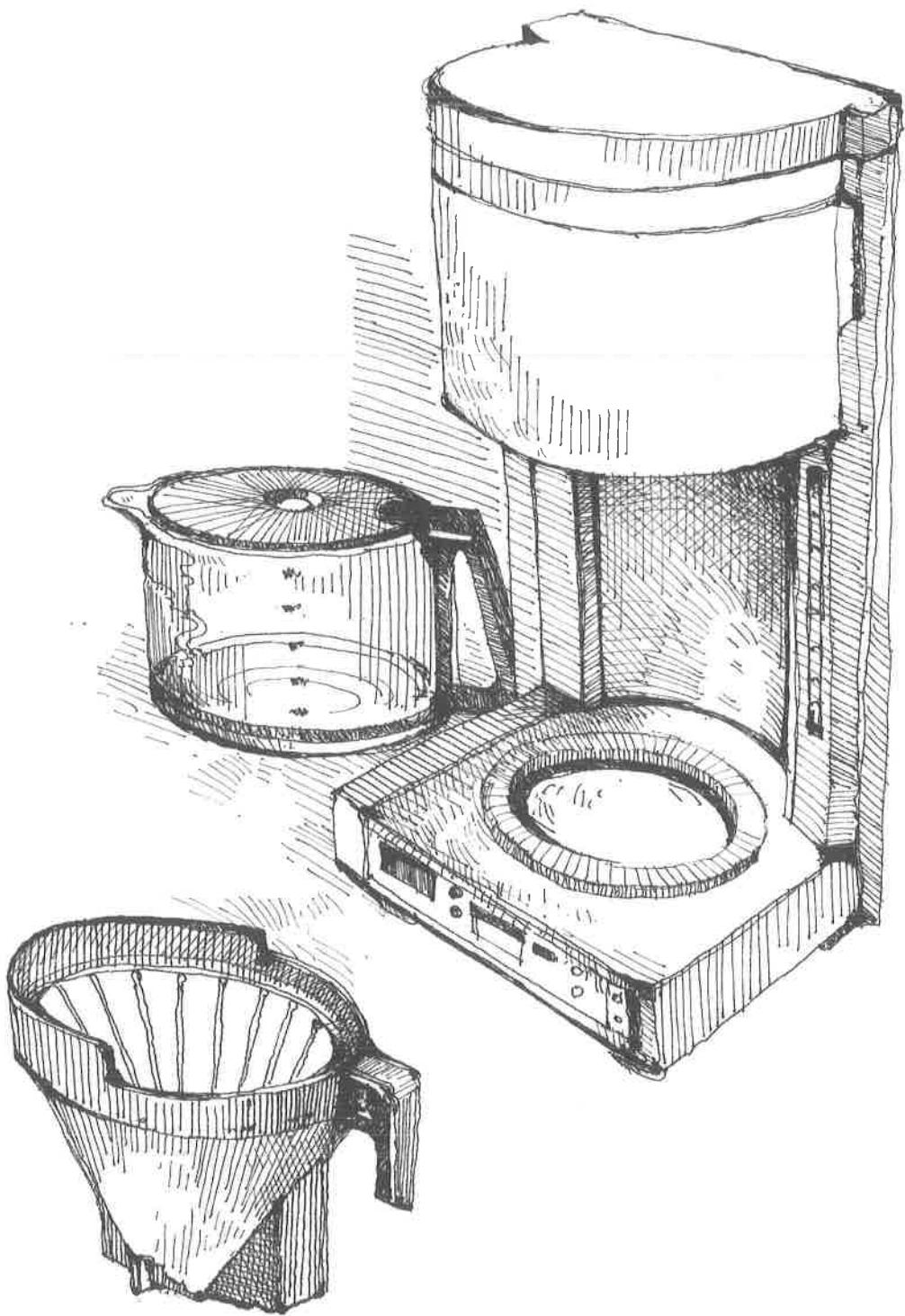
## **Advantages**

Coffeemaker cooking makes sense when you're staying in a hotel room with kids. It is great for warming up cans of spaghetti and meatballs or for making boxes of macaroni and cheese. It takes a little longer than on a stove, but in my experience, kids don't like food as hot as adults do. As my eight-year-old son put it when I gave him his first bowl of spaghetti and meatballs heated in the coffeemaker, "This is the best I've ever had!" You can imagine my pride on hearing these words.

There are other advantages to the relatively slow rate at which the coffeemaker cooks food. For example, it takes a while to cook scrambled eggs in the bottom of the glass decanter, but this gives the traveler just the right amount of time to shower and dress or shave. In addition, for people who haven't been to a movie theater since their children were born, it's fun to make a meal in the coffeemaker and then settle in for a movie. If you happen to use your hotel room to get work done, what could be better than gorging yourself while you work?

If you have a newborn, it's easy to heat baby bottles or jars of baby food with a coffeemaker. Just run 3 cups of water through either a 4-cup or 10-cup model, put the baby bottle or jar in the glass decanter, place the decanter back on the warmer, and let it sit for approximately 3 minutes for bottles and 5 minutes for food. Always check the temperature to be sure the formula or food isn't too hot before you give it to the baby.

Even if you're at home, coffeemaker cooking works great if you're single. There's almost no clean up with a coffeemaker. You're less likely to make more than you can eat. The steaming process is quick. You wind up with healthy food if you're not heating lard in the glass decanter, and it's more fun and novel than a microwave.



## Checking Out the Appliance

The size and working order of the appliance are essential to coffeemaker cooking, so it pays to check out the appliance soon after settling into your hotel room. It's great if there is a 10-cup model, though most hotel rooms come equipped with a basic 4-cup version. Don't despair. The 4-cup model performs fine. In spite of its smaller size, it will still work well for one or two people, and with a little patience, it can handle your whole family. Although a European coffeemaker may have more panache, the brand of coffeemaker doesn't really matter since all coffeemakers basically work the same.

## Anatomy of a Coffeemaker

While the basic anatomy of a coffeemaker doesn't change, the roles of the various components are redefined when you're using the appliance to cook instead of using it to make coffee. The glass decanter is now your warming and melting area (it would be stretching it a little to call it a frying pan). The brewing funnel, where you would normally place the coffee, still requires a paper filter, but you will be filling the filter with food instead of coffee. The coffeemaker will essentially do the rest. It will spurt scalding water (approximately 170-180 degrees) on any food items you place in the filter.

**MINI BAR**

**ICE  
BUCKET**

BLOW  
DRYER

1111  
-11

## **Supporting Appliances**

The minibar can be used to store ingredients that require refrigeration. If you take things out of the minibar to make room for your cooking ingredients, remember to put the hotel items back the next morning before you leave the room. If not, the phantom minibar restocker may come by during the day and assume you've eaten all of the hotel's food. This will definitely negate a lot of the savings associated with coffeemaker cooking. If there is no minibar in your hotel room, an ice bucket can be used to keep ingredients cold.

The blowdryer mounted on the wall of most hotel bathrooms plays an important supporting role in the hotel room cooking process. Specifically, you can use the blowdryer to keep food warm while you're preparing other recipes. For instance, you may have just made scrambled eggs and now you're making coffee. How do you keep the just-cooked scrambled eggs warm while the coffee is brewing? Simply fire up the blowdryer and point it at the eggs. A few important precautions are in order here. First, make sure the coffeemaker is within reach of the blowdryer. This is usually not a problem since these two appliances often live near each other in a hotel room. The second precaution relates to optimal blowdryer technique. Nowadays, most blowdryers are very powerful. With improper technique, they can literally blow the eggs right off your plate, with unpleasant results. To avoid such a fate, always point the blowdryer straight down at the food, rather than at an angle. Because of the risks involved here, you may not want to have children less than six or teenagers between the ages of twelve and seventeen do the blowdrying task. The little ones might blow the food away by accident and the adolescents might blow it away on purpose.



## Essential Equipment

A little advance planning will allow you to make maximal use of the appliances available in your hotel room. We suggest traveling with a **Coffeemaker Cooking Kit (CCK)**. Then you'll be sure to have the basics with you at all times.

- Coffee filters (4- and 10-cup sizes)
- Wooden spoon (trimmed to six inches)
- Plastic spatula (small)
- Plastic measuring spoons
- Measuring cup with lines for ounce measurements
- Small mixing bowl
- Small plastic cutting board
- Silverware
- Carrot peeler
- Cheese grater (small)
- Can opener (light weight)
- Basic spices carried in a single shaker with 6 separate compartments
- Non-stick butter flavor vegetable spray (4-ounce size)
- Individual foil packets of soy sauce, mustard, ketchup, and relish
- White vinegar in leak-proof plastic container (20 ounces)
- Plastic or paper plates and bowls
- Combination scouring pad/sponge
- Folded paper towels
- Zip-lock plastic sandwich bags (several)
- Aluminum foil (several pre-torn sheets)
- Dishwashing liquid (very small plastic container)
- Plastic kitchen trash-can liners (several small or medium size)

You'll need plenty of coffee filters, since these are what you'll be doing all of your steaming in. Remember, the 4- and 10-cup coffeemakers take different size filters, so you'll have to pack plenty of both sizes. I recommend buying a 6-spice multi-compartment shaker and filling it with salt, pepper, garlic powder, thyme, oregano, and an all-purpose seasoning, or other favorites of your choice.

## Coffeemaker Cooking Etiquette

Before cooking in the coffeemaker, be prepared. Thoroughly wash the inside of the glass decanter and the brewing funnel with the scouring pad/sponge you brought in your CCK. As with any other mode of cooking, it is a good idea to get all the ingredients ready before you start. Peel the carrots, beat the eggs, etc. Keep items that need to be refrigerated in the minibar until you're ready to use them.

Don't leave a coffeemaker full of food when you exit your room for the day or check out at the end of your stay. Clean up before you leave. If you have to leave for the day without cleaning up, leave a \$2.00 tip near the coffeemaker for the housekeeper.

## Ingredients and Meal Planning

Obtaining ingredients is an important aspect of coffeemaker cooking when you're on the road. Access to a supermarket or convenience store varies when traveling. To address this issue, we identified recipes which can be made with ingredients you bring in your suitcase, those you can make if you can get to a convenience store, and those you can make with access to a grocery store or supermarket. This way, if you're in the middle of nowhere without wheels, you won't go hungry, and if you happen to be in the neighborhood of a grocery store, you can feast on more gourmet items. The criteria for food you take on an airplane is that it has to be lightweight and unbreakable. Items like dry soups or boxes of macaroni and cheese are ideal. If you're traveling by car or have a rolling suitcase, you can bring more weighty items such as canned soups or jars of pasta sauce.

## General Cooking Tips

The basic mode of cooking is steaming. Although speed and temperature vary among different brands and types of coffeemakers, each model has only one speed and temperature at which the water is processed. Therefore, we give instructions on how much to cook things in terms of the number of cups of water needed to "run through" the coffeemaker. For example, cooking salmon requires running approximately 20 cups of water through the coffeemaker, while hard macaroni requires approximately 8 cups. Keep in mind that the recommended cooking times are approximate and may require some modification due to equipment differences. The cooking times in the recipes are based on a machine that heats water to 175 degrees Fahrenheit and runs one 5-ounce "cup" of water through in approximately one minute. When making the recipes at home, you can see how your machine compares to the benchmarks by carefully placing the metal stem of a meat thermometer under the stream of steaming water to record the water temperature. Also, check the time by seeing how long it takes for 4 cups of water to run through after the steaming water begins dripping into the glass decanter.

Several principles guide the recipes we present here. While the recipes range in complexity from instant oatmeal to pasta with vegetables and three cheeses, they are all chosen to take advantage of the cooking strengths of a coffeemaker. Since many users of these recipes are business people and vacationing families, most of the recipes are quick and simple to prepare.

## **Words of Caution**

### *Don't Use Coffeemaker Cooking:*

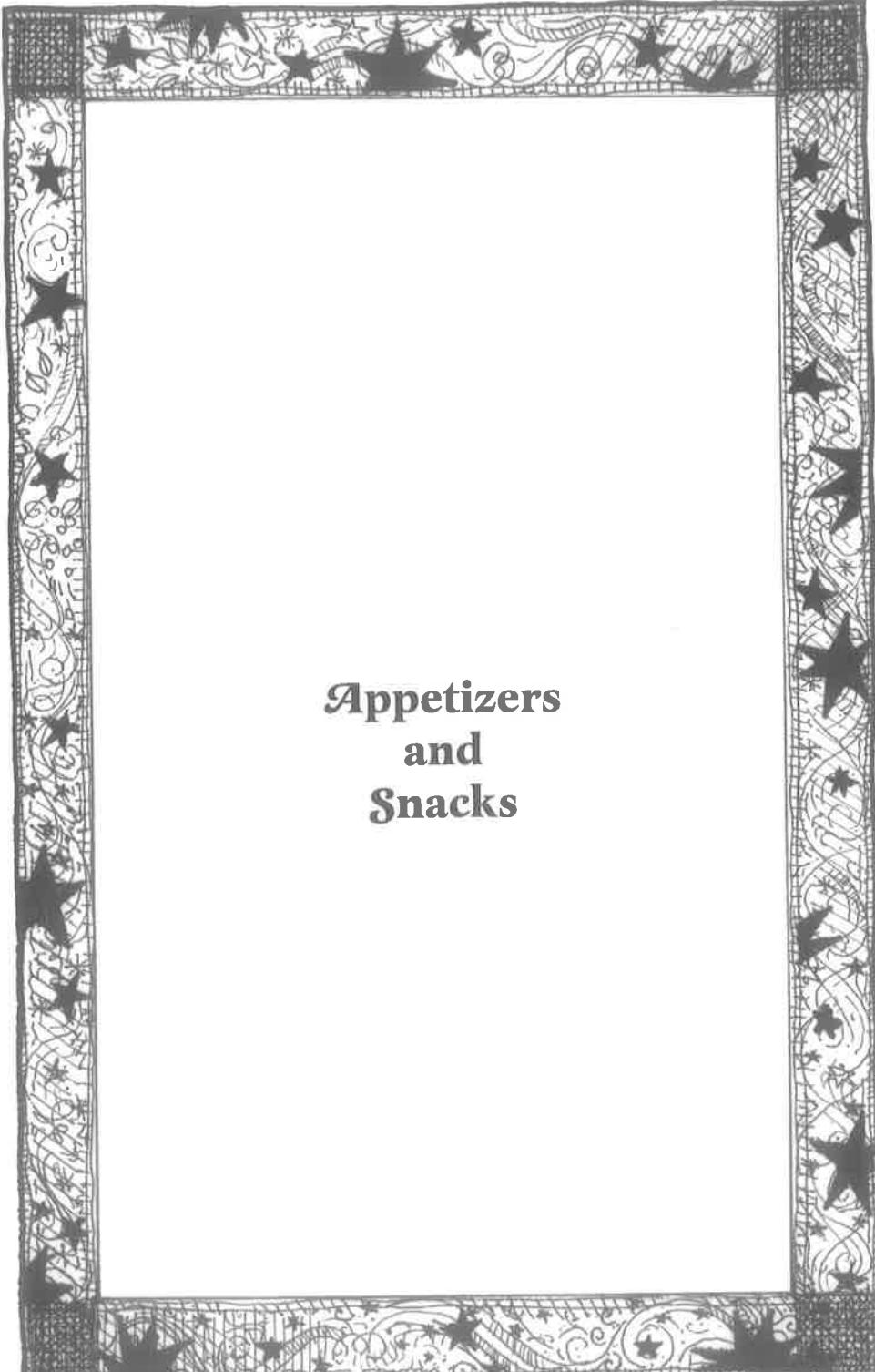
- To impress your boss.
- If your client is covering your expenses and you can go anywhere you want for dinner.
- If the coffeemaker glass decanter is cracked.
- If you have already eaten dinner once and are about to destroy any semblance of a diet.
- If you might fall asleep while the food is cooking.

If there is a 4-cup coffeemaker in your room, it may be inconvenient to cook for a crowd. Also, some misguided people may think you're weird for cooking in a coffeemaker. Other people may think you're cheap. For all these reasons, we suggest limiting culinary entertaining with the coffeemaker to people you know reasonably well, who are unlikely to shame you for using it.

We've had a number of failures while experimenting with recipes for this book. One that comes to mind was our ill-fated attempt to make cheese fondue. We made the mistake of putting the white wine in the back of the coffeemaker where the water is supposed to go. The wine must have reacted chemically with the tubing in the coffeemaker, because black stuff clogged the coffeemaker and began leaking into the glass decanter. If this were not enough, the gruyere never got hot enough to melt, and it formed a blob in the bottom of the glass decanter that looked and acted a lot like the commercial slime that my kids love. The morals of this disaster: Don't put anything besides water in the coffeemaker steamer, and don't expect miracles from the heating element under the glass decanter.

Another failure occurred when we attempted to grill an English muffin by melting butter in the bottom of the glass decanter and placing the muffin face down in the butter. This is a good way to melt butter for a warmed English muffin, but no matter how long we left it there, the muffin would not brown. Moral of the story: Don't try to grill things with a coffeemaker.

Remember not to fill the glass decanter with more water than it was meant to hold. Also, don't rinse a hot glass decanter under very cold water. Finally, remember that many hotel coffeemakers will shut off after 1 hour. When this happens, don't jump to the conclusion that the coffeemaker has "kicked the bucket." If you need to reheat something, turn the coffeemaker on again to reset the built-in timer.



## **A**ppetizers and **S**nacks

## Cocktail Sausages



### ★ Ingredients:



★ 16 miniature hors d'oeuvre-sized sausages\*

★ 3/4 of 11.5-ounce bottle of sweet and sour sauce\*\*



\* Use 26 miniature sausages for 10-cup coffeemaker

\*\* Use full bottle for 10-cup coffeemaker

Approximate preparation time: 30 minutes

Serves 2

Minibar needed? Yes

Can you prepare night before? No

Access to a convenience store is needed to make this recipe.

Place small sausages in filter and run 5 cups of water through, then remove sausages and discard water. Heat sweet and sour sauce for 20 minutes in glass decanter. Add cooked sausages to sauce and heat for an additional 5 minutes. Serve with toothpicks from the hotel bar.

## Nachos



### ★ Ingredients:

- ★ 9-ounce bag of nacho chips
  - ★ 4-ounce can of chopped green chilies, drained
  - ★ 4 ounces of Monterey Jack cheese, grated. Substitute room temperature pasteurized processed bottled “cheese and salsa dip” if refrigeration is unavailable
- 

Approximate preparation time: 15 minutes

Serves 2-3

Minibar needed? Yes

Can you prepare night before? No

Access to a convenience store is needed to make this recipe.

Melt cheese in glass decanter (approximately 10 minutes). While cheese is melting, arrange nachos in single layer on plate. Pour melted cheese mixture over nachos, and garnish with chopped chilies. Eat ‘em while they’re hot!

## **Crunchy Cooked Vegetable Dip**



### **Ingredients:**

- ★ 8 dip-size broccoli flowerets
- ★ 8 dip-size cauliflower flowerets
- ★ 22 pencil-thin asparagus tips, cut into 2.5-inch lengths for 4-cup — coffeemaker and 3.5-inch lengths for 10-cup coffeemaker
- ★ 20 baby carrots, uncooked
- ★ 1/3 of 8-ounce bottle of honey mustard dressing



Approximate preparation time: 35 minutes

Serves 3-4

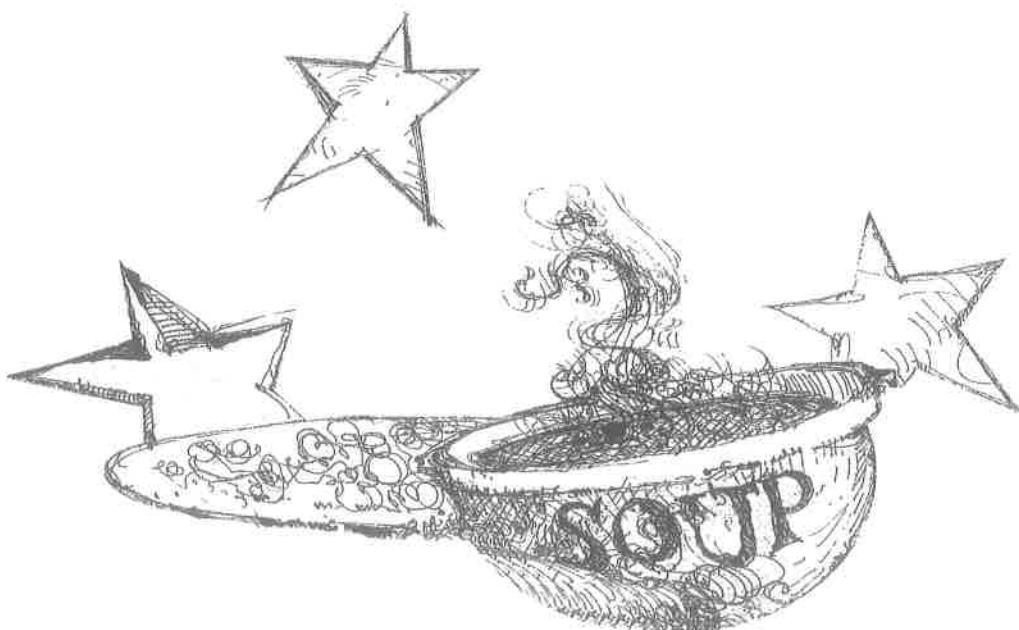
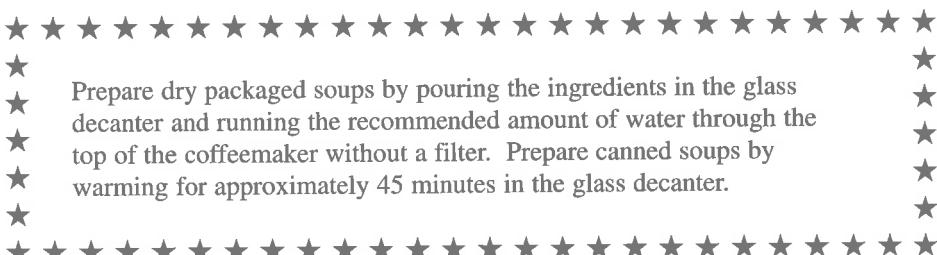
Minibar needed? Yes

Can you prepare night before? Yes

Access to a grocery store is needed to make this recipe.

Cook vegetables according to Coffeemaker Vegetable Cooking Chart on page 33. Place broccoli in filter and run 8 cups of water through. Place cauliflower in new filter and run 10 cups of water through. Place asparagus in third filter and run 10 cups of water through (for 10-cup model, cauliflower and asparagus can be combined). Refrigerate for at least 2 hours. Place dressing in small bowl in middle of plate, and surround with chilled vegetables. Serve as dip.

## Dry and Canned Soups







# **Breakfast**

## **Instant Hot Cereal**

Approximate preparation time: 5 minutes

Minibar needed? Yes

Can you prepare night before? No

Everything you need to make this recipe can be carried in your suitcase.

Place the dry ingredients in the glass decanter, run recommended amount of water through without a filter, and follow the instructions on the packet.

## **Soft-Boiled Eggs**

Approximate preparation time: 10 minutes

Minibar needed? No

Can you prepare night before? No

Access to a convenience store is needed to make this recipe.

Making soft- or hard-boiled eggs is simple in a coffeemaker, and you don't have to worry about the eggs breaking when you put them in boiling water. Just place a filter in the coffeemaker, put the eggs in the filter, and run the water through. A 4-cup coffeemaker will cook 2 eggs at a time and a 10-cup coffeemaker will cook 3. To calculate the amount of water needed, use 2 more cups than the number of minutes you would normally boil your eggs. For example, if you like to cook your eggs for 6 minutes, run 8 cups of water through.

## Scrambled Eggs



### ★ Ingredients:

- ★ 2 eggs, large or extra large
- ★ 1 spray non-stick vegetable spray, or 2 tablespoons butter or margarine
- ★ Salt and pepper to taste
- ★ 4 ounces sharp cheddar cheese, grated (optional)



Approximate preparation time: 30 minutes

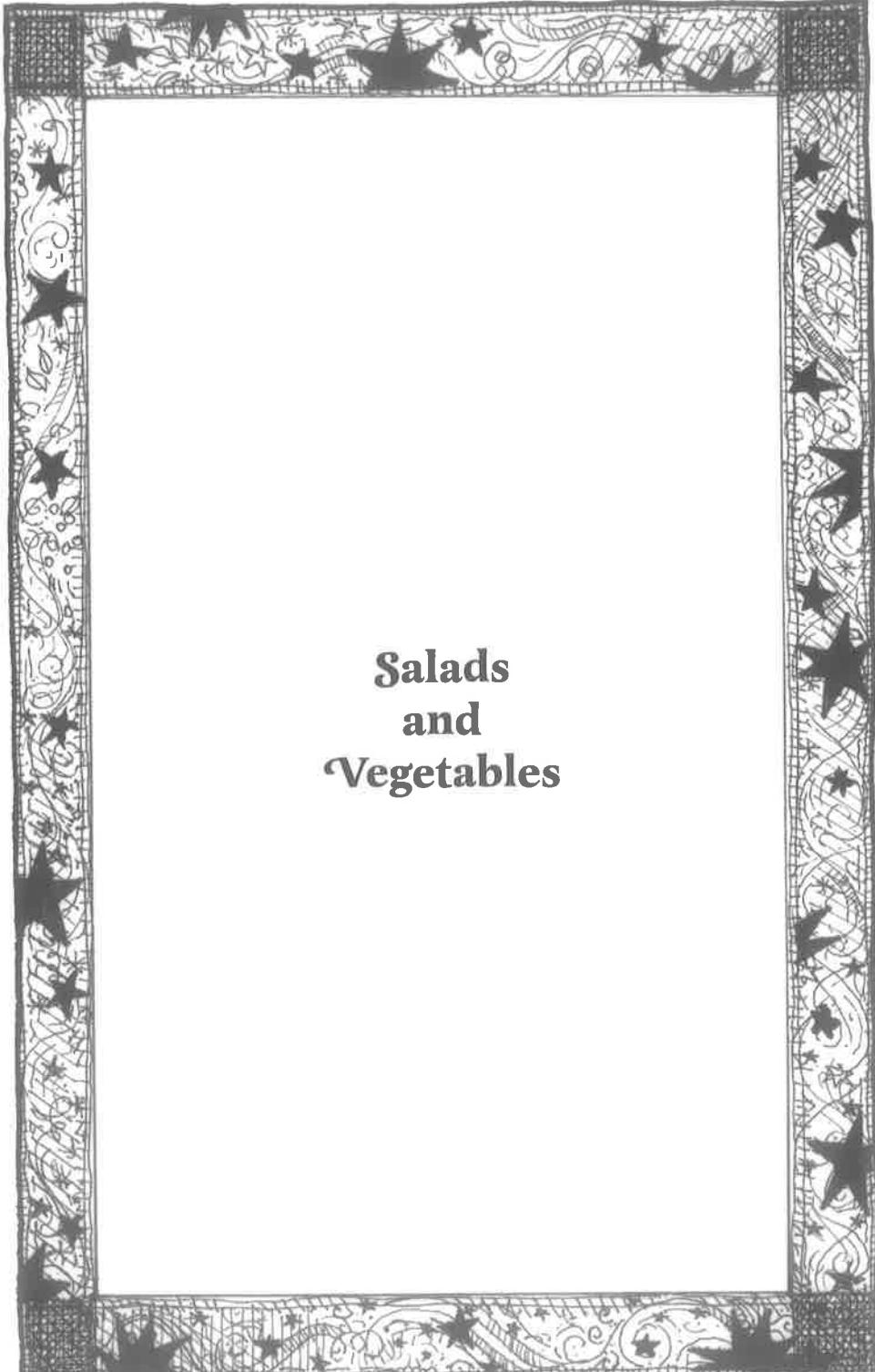
Serves 1

Minibar needed? Yes

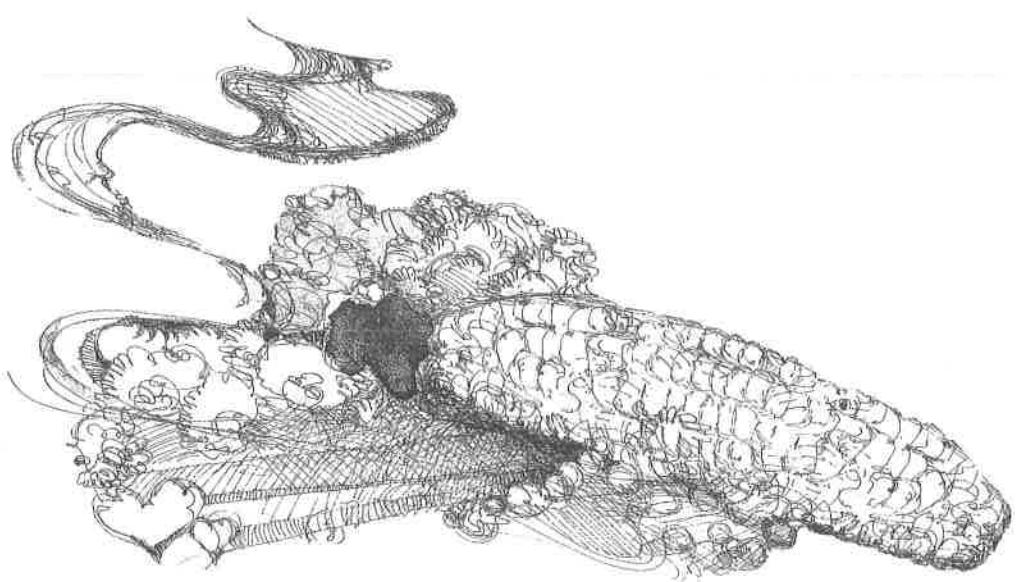
Can you prepare night before? No

Access to a convenience store is needed to make this recipe.

Melt butter or margarine in glass decanter (approximately 7 minutes) or spray glass decanter with non-stick vegetable spray. Scramble eggs in mixing bowl and add desired amount of salt and pepper. Pour egg mixture into glass decanter and cook for 15-17 minutes, until firm. Turn eggs quickly with spatula until evenly cooked, then serve hot. For cheddar cheese eggs, add grated cheese when eggs begin to solidify (approximately 13-15 minutes) and stir frequently until cheese melts and eggs become firm, then serve hot.



**Salads  
and  
Vegetables**

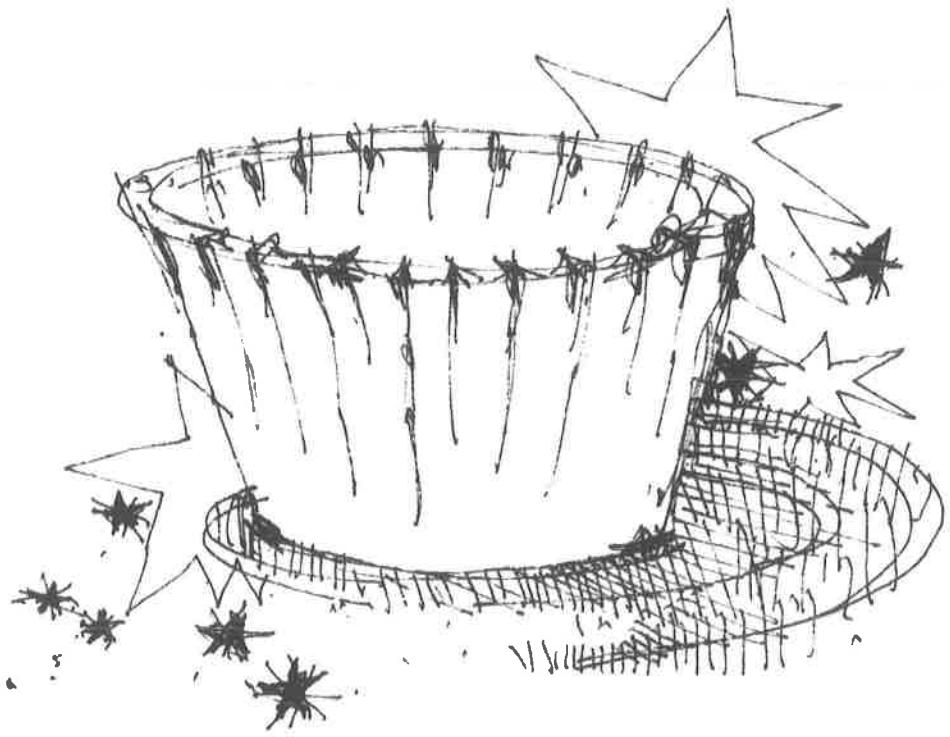


## Coffeemaker Vegetable Cooking Chart

Vegetable	Approximate Weights (ounces)*	Approximate Number of 5-ounce "cups" = time to cook**
Asparagus (22 pencil-thin stalks)	2.5	10
Baby carrots (20)	5.5	15
Broccoli (8 dip-size flowerets)	3.25	8
Cauliflower (8 dip-size flowerets)	4.0	10
Cherry tomatoes (12 small)	6.0	3
Corn (niblets from one ear)	4.0	8
Onion, chopped (1/2 medium)	4.0	15
Red potatoes (3 medium)	6.0	30
Snap peas (34)	3.5	5
String beans (22 beans, cut in half)	4.0	30
Yellow squash (1 small, 5-6 inch)	4.5	4
Zucchini (1 small, 5-6 inch)	5.75	4

\* All weights listed are amounts necessary to fill the filter of a 4-cup coffeemaker. Amounts can be doubled for a 10-cup coffeemaker.

\*\* Since each 5-ounce "cup" takes approximately 1 minute to run through, cups of water and cooking times are essentially equal. Remember that the number of cups is approximate. Before removing vegetables from the filter, test to make sure they are done. If they are undercooked, run a few more cups of water through.



## **Asparagus and Tomato Salad**



## ★ Ingredients:

- ★ 22 asparagus tips - cut into 2.5-inch lengths for 4-cup coffeemaker and 3.5-inch lengths for 10-cup coffeemaker
  - ★ 1/4 cup plain yogurt
  - ★ 2 tablespoons romano cheese, grated
  - ★ 4 tablespoons freshly squeezed lemon juice (1 lemon)
  - ★ 1/2 teaspoon garlic powder or 1 garlic clove, peeled and chopped
  - ★ 1 tomato, cored and cut into wedges
  - ★ Salt and pepper to taste
  - ★ 1/4 cup chopped dill leaves



Approximate preparation time: 20 minutes

Serves 2

Minibar needed? Yes

Can you prepare night before? Yes, for asparagus.

Access to a grocery store is needed to make this recipe.

Place asparagus tips in filter and run 10 cups of water through, until shiny green and tender. Remove filter from basket and let asparagus cool. Mix yogurt and romano cheese in glass decanter and heat until cheese has melted (approximately 10 minutes). Whisk in lemon juice and garlic and remove from heat. Create ring of tomato wedges around plate and place asparagus in center of ring. Pour yogurt dressing over asparagus. Season with salt and pepper and garnish with dill leaves.

## Tortellini Salad



### ★ Ingredients:

- ★ 1/3 of 8-ounce bottle of Italian or Caesar salad dressing
- ★ 4 ounces fresh tortellini
- ★ 2 ounces artichoke hearts packed in water, drained and quartered
- ★ 1/2 large tomato, chopped
- ★ 2 ounces provolone cheese, crumbled
- ★ 1/8 cup black olives, chopped
- ★ 1/2 cup walnuts, chopped (optional)
- ★ 1/2 cup sundried tomatoes, chopped (optional)



Approximate preparation time: 30 minutes

Serves 1

Minibar needed? Yes

Can you prepare night before? Yes

Access to a grocery store is needed to make this recipe.

Cook tortellini according to Instructions for Cooking Pasta in a Coffeemaker on page 45. Combine all ingredients, except dressing, in a large bowl. Pour dressing over ingredients and toss well. Refrigerate overnight.

## String Bean and Lettuce Salad



### ★ Ingredients:

- ★ 22 fresh string beans, cut in half
- ★ 1/2 of 10-ounce bag of European salad mix

### ★ Dressing:

- ★ 1 tablespoon fresh minced basil or 1 teaspoon dried basil
- ★ 1-1/2 teaspoons Dijon mustard
- ★ 2 tablespoons fresh lemon juice (1/2 lemon)
- ★ 2-1/2 tablespoons olive oil
- ★ Salt and pepper to taste



Approximate preparation time: 30 minutes

Serves 2

Minibar needed? Yes

Can you prepare night before? Yes

Access to a grocery store is needed to make this recipe.

Place string beans in filter and run 30 cups of water through.

Combine lettuce and string beans in bowl. Combine basil, mustard, and lemon juice in hotel room drinking glass and stir, while gradually adding oil. Season with salt and pepper, drizzle over salad, and toss.

## Chicken Salad



### ★ Ingredients:

- ★ 2 boneless skinless chicken breasts (each cut in half)
  - ★ 1/4 cup cashews, chopped
  - ★ 2 tablespoons mayonnaise
  - ★ 2 slices of bread (optional)
  - ★ 1/2 head of Boston lettuce (optional)
  - ★ 1 medium tomato, cored and cut into wedges (optional)
  - ★ Salt and pepper to taste
- 

Approximate preparation time: 55 minutes

Serves 2

Minibar needed? Yes

Can you prepare night before? Yes

Access to a grocery store is needed to make this recipe.

Place 1/2 chicken breast in coffee filter. Run 12 cups of water through filter. Repeat process with a new filter for each 1/2 chicken breast. While chicken is cooking, chop cashews and place in bowl. Shred or dice cooked chicken. Add chicken and mayonnaise to bowl and mix well. Season with salt and pepper. Can be served on bed of Boston lettuce surrounded by tomato wedges or on bread as a sandwich.

## Egg Salad



### ★ Ingredients:



★ 2 eggs



★ 1 tablespoon mayonnaise



★ 2 slices of bread (optional)



★ 1/2 head of Boston lettuce (optional)



★ 1 medium tomato, cored and cut into wedges (optional)



★ Salt and pepper to taste



Approximate preparation time: 20 minutes

Serves 1-2

Minibar needed? Yes

Can you prepare night before? Yes

Access to a convenience store is needed to make this recipe.

Place 2 eggs in filter and run 15 cups of water through. Remove shell from eggs, place eggs in bowl, add mayonnaise and blend with fork until mixed but still coarse. Season with salt and pepper. Can be served on bed of Boston lettuce surrounded by tomato wedges or on bread as a sandwich.

## Veggie Melt



### Ingredients:

- ★ Fresh vegetables of your choice, such as 1/3 small (5-6 inch) zucchini,  
1/3 small (5-6 inch) yellow squash, and 2-3 cherry tomatoes, sliced
- ★ 2 large mushrooms, sliced
- ★ 1 marinated artichoke heart, sliced
- ★ 1 slice of bread
- ★ Few shakes all-purpose seasoning
- ★ 3 ounces sharp cheddar cheese, grated



Approximate preparation time: 25 minutes

Serves 1

Minibar needed? Yes

Can you prepare night before? No

Access to a grocery store is needed to make this recipe.

Place thinly sliced zucchini and squash in filter and run 4 cups of water through. Remove zucchini and squash and place tomatoes in new filter. Run 3 cups of water through, then discard water. Place all vegetables on bread. Season lightly with all-purpose seasoning. Melt cheese in bottom of glass decanter and pour over vegetables. Serve immediately.

## Steamed Vegetables Topped with Cheese



### ★ Ingredients:

- ★ 10 baby carrots
- ★ 4 dip-size cauliflower flowerets
- ★ 4 dip-size broccoli flowerets
- ★ 1/2 small (5-6 inch) yellow squash, trimmed and sliced into 1/4-inch rounds
- ★ 1/2 small (5-6 inch) zucchini, trimmed and cut into 1/4-inch rounds
- ★ 1/2 of 7-ounce can of corn niblets, drained
- ★ 2 teaspoons all-purpose seasoning
- ★ 4 ounces cheddar cheese, grated
- ★ 1 tablespoon Parmesan cheese, grated

### ★ Dressing:

- ★ 6 cloves minced garlic or 2 teaspoons garlic powder
- ★ 2 teaspoons soy sauce
- ★ 2 teaspoons freshly squeezed lemon juice (1/2 lemon)
- ★ 1/4 teaspoon pepper



Approximate preparation time: 50 minutes

Serves 2

Minibar needed? Yes

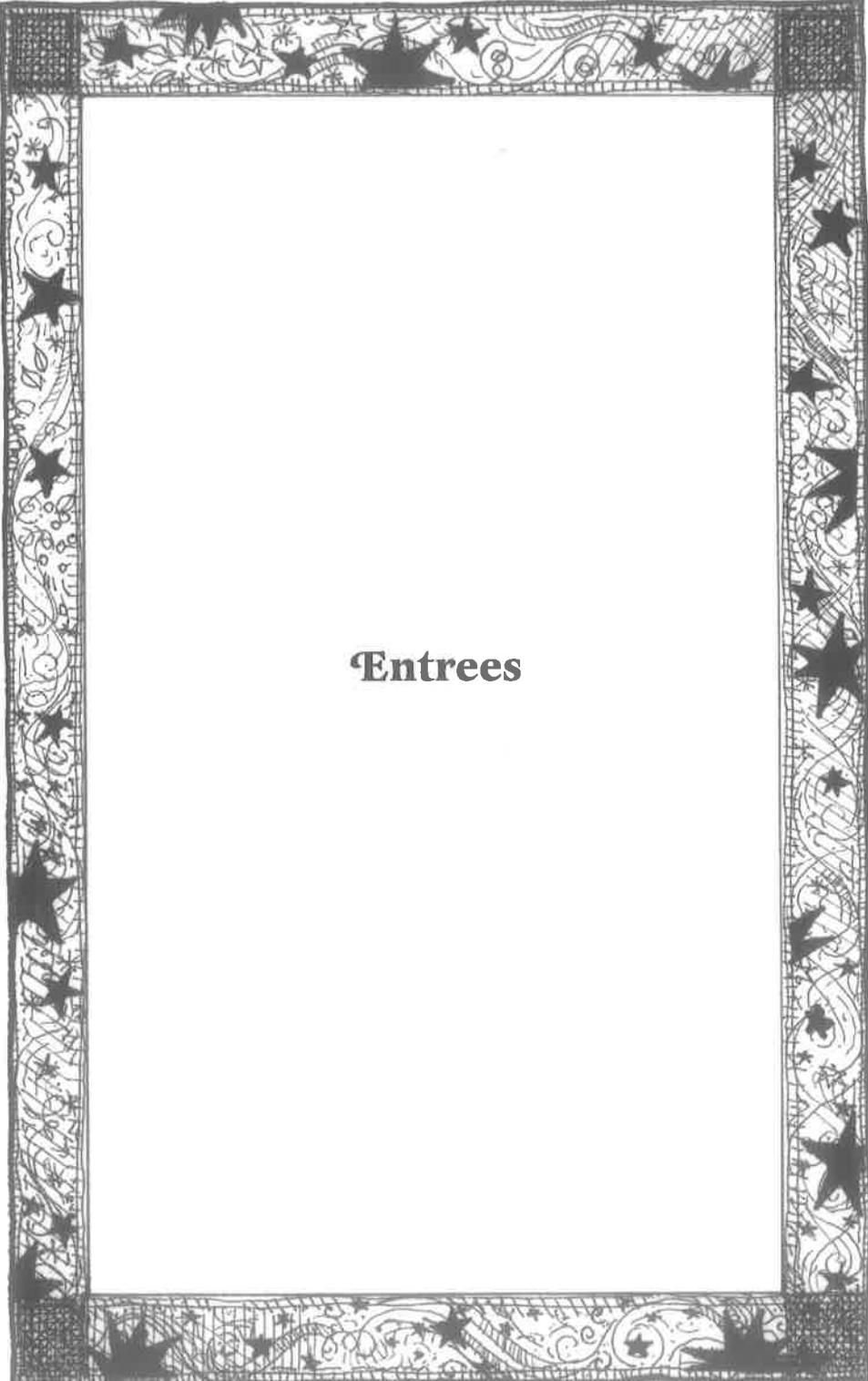
Can you prepare night before? No

Access to a grocery store is needed to make this recipe.

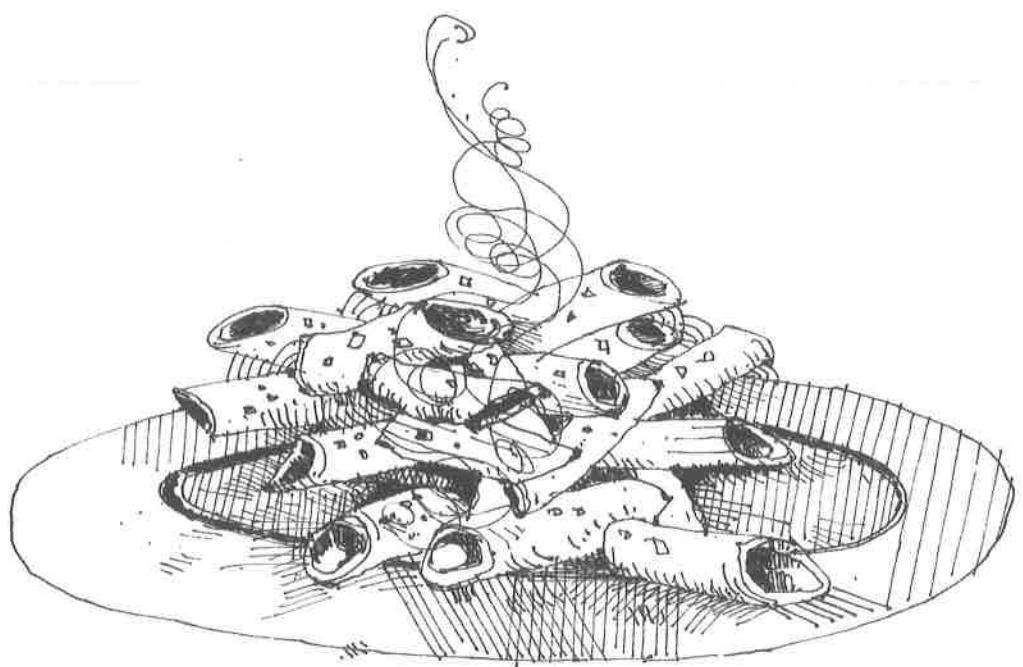
Combine last 4 ingredients in bowl and stir.

Place carrots in filter and run 15 cups of water through. Place cauliflower in new filter and run 10 cups of water through. Place corn and broccoli in another filter and run 8 cups of water through. Place yellow squash and zucchini in 4th filter and run 4 cups of water through. Place cheddar and Parmesan cheeses in glass decanter and heat until melted (approximately 10 minutes). While cheese is melting, place vegetables on plate. Sprinkle with all-purpose seasoning. Pour dressing over vegetables. Add melted cheddar and Parmesan over vegetables and serve immediately.





## Entrees



## **Instructions for Cooking Dry and Fresh Pasta in a Coffeemaker**

It's a trick to make pasta in a coffeemaker so that it will come out "al dente," without being starchy. While doing it right takes a little more time, just follow the 6 steps outlined below for results that rival the traditional method.

You can choose any type of pasta, but because you'll be steaming it instead of boiling it, thinner pastas (e.g., fettuccini and angel hair) tend to work better than thicker pastas (e.g., rigatoni and shells). Also, since the brewing funnel of the coffeemaker is small, long pastas will need to be broken into manageable lengths.

- Step 1:** Run full load of water through coffeemaker until it fills glass decanter.
- Step 2:** While water is heating, rinse pasta 4-5 times in a bowl under warm water to remove excess starch.
- Step 3:** Place rinsed pasta in hot water in glass decanter. Stir briefly to loosen starch, and allow pasta to sit in hot water for 5-6 minutes, stirring occasionally. Discard starchy water.
- Step 4:** Rinse pasta briefly in glass decanter with fresh warm water, then discard water.
- Step 5:** Place pasta in filter and run 8 cups of water through coffeemaker for dry pasta and 6 cups through for fresh pasta. Sample to be sure that pasta is cooked adequately. If not, run 2 more cups of water through and sample again.
- Step 6:** Remove cooked pasta from filter and serve.  
When serving with sauce that requires heating, toss pasta with one teaspoon of cooking oil or butter and cover with foil until sauce is ready

## **Instructions for Warming Prepared Sauces in a Coffeemaker**

(e.g., Tomato, Marinara, or Alfredo)

Because the warmer on a coffeemaker heats to 140 degrees, it will take approximately 35 minutes to thoroughly warm 15 ounces of refrigerated sauce in the glass decanter of a 4-cup coffeemaker.



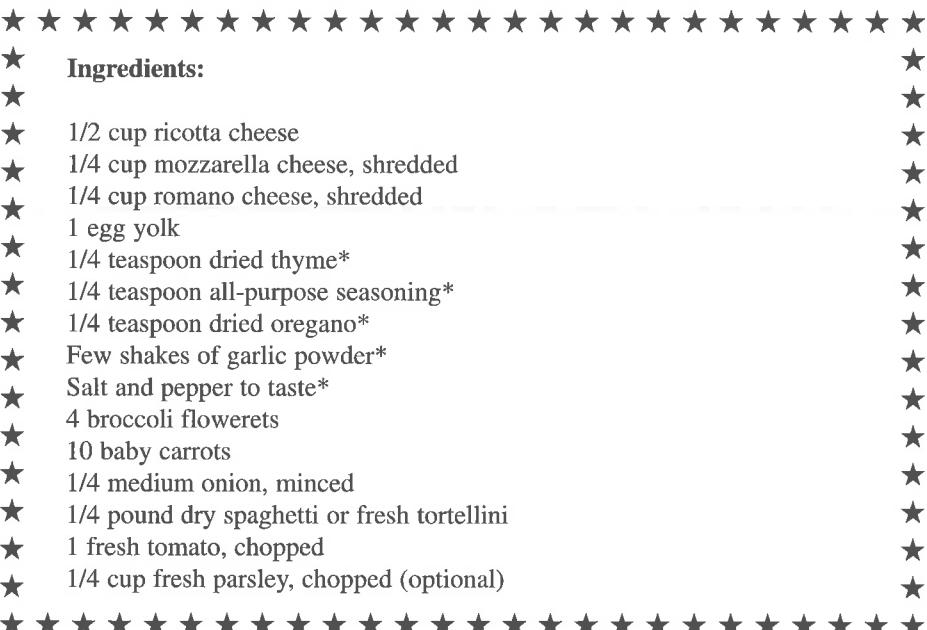
## **Instructions for Cooking Seafood in a Coffeemaker**

Fish and seafood taste great when steamed in a coffeemaker filter. Just follow these simple directions:

For shrimp and scallops: For a 4-cup coffeemaker, place up to 7 ounces of uncooked, shelled, deveined shrimp or scallops in a coffee filter and run 5 cups of water through.

For salmon and other fish steaks: To ensure even cooking, steaks should be approximately 3/4 inch thick and 3-1/2 inches wide (6 ounces) for a 4-cup coffeemaker or 4 inches wide (8 ounces) for a 10-cup coffeemaker. Place salmon in filter and steam with a total of 20 cups of water. After first 10 cups run through, flip salmon, then run remaining 10 cups of water through.

## **Pasta with Vegetables and Three Cheeses**



\*Hint: Consider combining pre-measured dried spices in a zip-lock bag before leaving home.

Approximate preparation time: 90 minutes

Serves 2

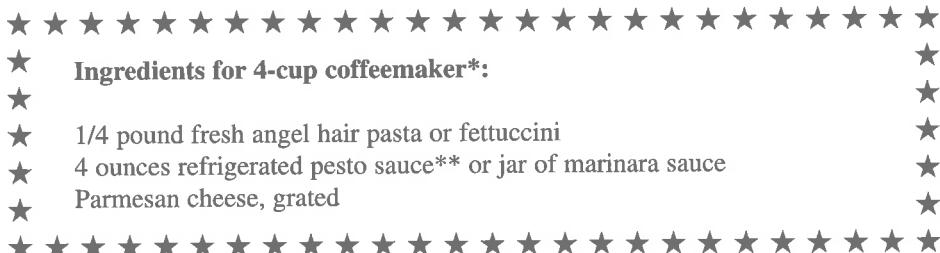
Minibar needed? Yes

Can you prepare night before? No

Access to a grocery store is needed to make this recipe.

Mix first 8 ingredients in bowl. Season with salt and pepper. Set aside. Place broccoli in filter. Run 8 cups of water through and set filter with broccoli aside. Fill new filter with baby carrots and minced onions. Run 15 cups of water through and set aside. Cook spaghetti according to Instructions for Cooking Pasta in a Coffeemaker on page 45. Melt cheese mixture in glass decanter (approximately 20 minutes). Add vegetables, pasta, and spices to mixing bowl and toss with hot cheese mixture. Place onto plates. Top pasta with fresh tomatoes. Garnish with parsley and serve.

## Pasta with Pesto or Marinara Sauce



### ★ Ingredients for 4-cup coffeemaker\*:

- ★ 1/4 pound fresh angel hair pasta or fettuccini
- ★ 4 ounces refrigerated pesto sauce\*\* or jar of marinara sauce
- ★ Parmesan cheese, grated

\* Double ingredients for a 10-cup coffeemaker.

\*\* Pesto sauce should be brought to room temperature.

Approximate preparation time: 50 minutes

Serves 1

Minibar needed? Yes

Can you prepare night before? No

Access to a convenience store is needed to make this recipe.

Run 4 cups of water through coffeemaker. Rinse and soak fresh pasta according to steps 1 and 2 of Instructions for Cooking Pasta in a Coffeemaker on page 45. Place rinsed pasta in hot water in glass decanter for 6 minutes, stirring occasionally, then drain and remove. Rinse out glass decanter, then heat marinara sauce in glass decanter for 35 minutes. Transfer hot sauce to bowl and cover immediately with aluminum foil. Rinse glass decanter with warm water and return to coffeemaker. Place pasta in filter and run 6 cups of water through. Mix hot pasta with sauce and serve. Top with grated Parmesan cheese.

## Macaroni and Cheese



### ★ Ingredients for a 4-cup coffeemaker:

- ★ 1/2 of 7.25-ounce box macaroni and cheese mix\*
- ★ 1/2 amount of butter or margarine specified on side of box
- ★ 1/2 amount of milk specified on side of box
- ★ 1/2 of 6-ounce can of tuna packed in water, drained (optional)



\*Use a whole box with a 10-cup coffeemaker.

Approximate preparation time: 35 minutes

Serves 1-2

Minibar needed? Yes

Can you prepare night before? No

Access to a convenience store is necessary to make this recipe.

Experienced parents can make this recipe in their sleep. Melt butter in glass decanter (approximately 7 minutes). Add milk and cheese mix to melted butter, warm for 5 minutes, and stir ingredients to remove lumps. When smooth and warm, pour cheese mixture into mixing bowl and set aside. Rinse out glass decanter with warm water and cook macaroni according to Instructions for Cooking Dry Pasta in a Coffeemaker on page 45. When finished, add macaroni to mixing bowl, then stir to coat with cheese mixture and toss. For pizazz, add flaked tuna to pasta and cheese mixture. Serve immediately.

## Cold Poached Salmon Platter



## ★ Ingredients:

- 6 ounces fresh salmon (3/4 inch thick by 3-1/2 inches wide for 4-cup coffeemaker and 4 inches wide for a 10-cup coffeemaker)
  - 1/3 of 8-ounce bottle dill or vinaigrette dressing
  - Small head of Boston lettuce
  - Sliced beets from salad bar
  - 1 soft avocado
  - 1 cucumber
  - 1 tomato
  - 1 egg



Approximate preparation time: 50 minutes

Serves 2

Minibar needed? Yes

Can you prepare night before? Yes

Access to a grocery store is needed to make this recipe.

Salmon should be cooked the night before according to Instructions for Cooking Seafood in a Coffeemaker on page 47. After cooking salmon, cover with aluminum foil, place in minibar, and refrigerate overnight. Also the night before, place egg in filter and run 15 cups of water through. Refrigerate overnight. Prior to serving salad, remove skin of avocado and slice avocado, cucumber, tomato, and egg. Make bed of lettuce on large plate. Place beets, avocado, egg, tomato, and cucumber on lettuce around perimeter of plate. Place cold salmon in center of plate and serve with dill or vinaigrette dressing.

## Tuna Melt



### Ingredients:



2 slices of bread



One (1) 6-ounce can of tuna packed in water, drained



2 tablespoons mayonnaise



4 ounces sharp cheddar or mozzarella cheese, grated



1 tomato, sliced



Few shakes of all-purpose seasoning



Approximate preparation time: 15 minutes

Serves 1-2

Minibar needed? Yes

Can you prepare night before? No

Access to a grocery store is needed to make this recipe.

Melt cheese in glass decanter (approximately 10 minutes). While cheese is melting, mix tuna and mayonnaise in bowl with fork to desired consistency. Place tuna mixture on slices of bread, cover with thick slices of ripe tomato, season with all-purpose seasoning and pour melted cheese on top. Serve immediately.

## **Hot Dogs**



### **Ingredients:**



2 hot dogs, cut in half



2 hot dog buns



Mustard, ketchup, and relish packets from Coffeemaker Cooking Kit



Onions, chili, cheese (optional)



Preparation time: 10 minutes

Serves 1-2

Minibar needed? Yes

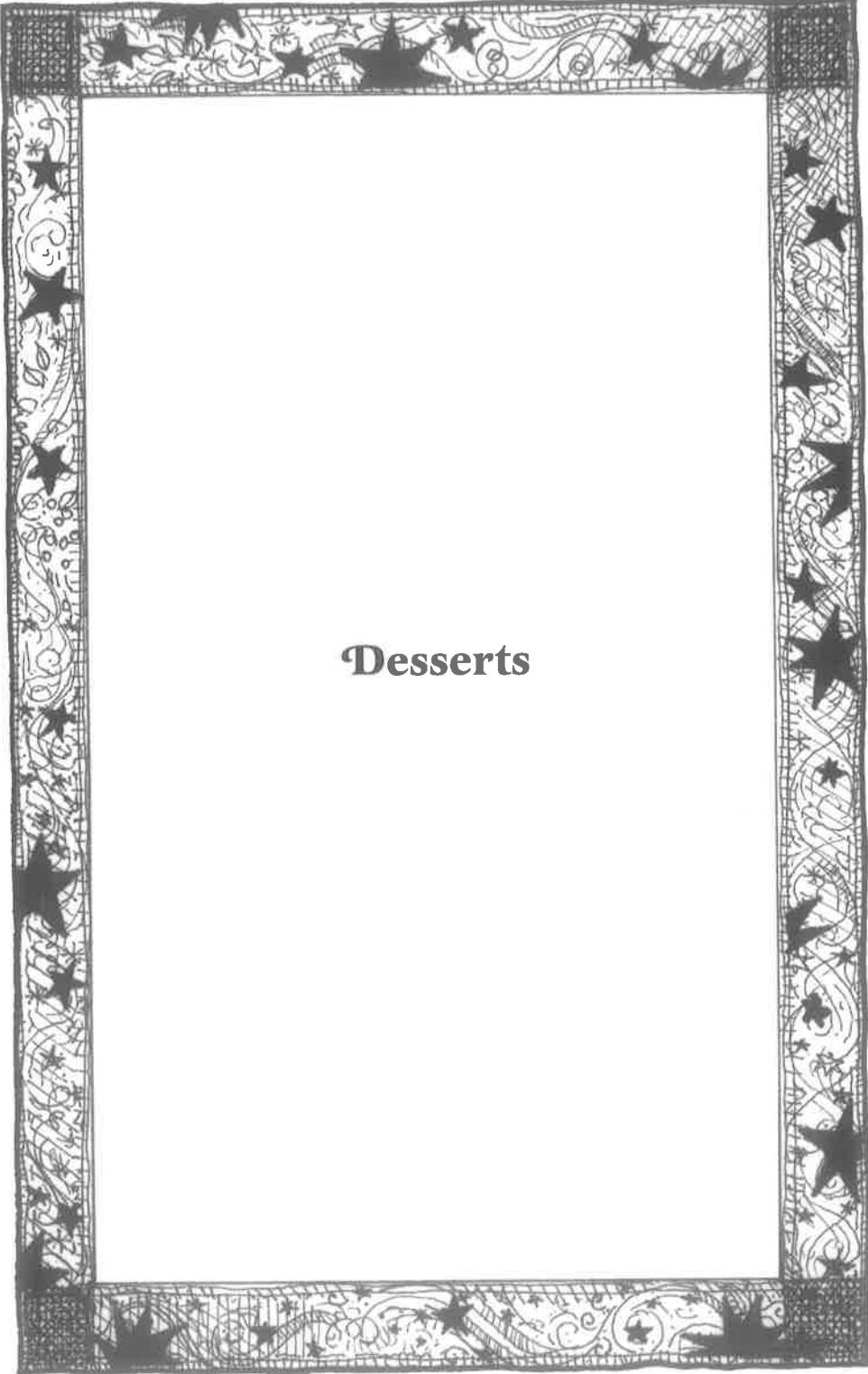
Can you prepare night before? No

Access to a convenience store is needed to make this recipe.

Cut hot dogs in half. Place in filter. Run 5 cups of water through.

Place in buns and garnish.





## Desserts

## **Hot Fudge Sundae or Banana Split**



### **★ Ingredients:**

- ★ 1 pint ice cream or frozen yogurt of choice
- ★ One (1) 7-ounce bottle of fudge sauce, or flavor of your choice
- ★ 1/4 of 8-ounce container whipped dessert topping or refrigerated whipped cream in can
- ★ Banana (optional)
- ★ Nuts, cherries, gummy bears, marshmallows (optional)



Approximate preparation time: 25 minutes

Serves 3-4

Minibar needed? Yes

Can you prepare night before? No

Access to a convenience store is needed to make this recipe.

You don't have to be at home to have fun making hot fudge sundaes or banana splits. Use the coffeemaker to heat hot fudge topping for 25 minutes. For banana split, peel and slice banana, and place in bottom of bowl before adding ice cream. Pour hot fudge on top of ice cream and finish with dessert topping or whipped cream, nuts, cherries, etc.

## Chocolate Mousse



### ★ Ingredients:



★ 6 ounces semi-sweet chocolate chips

★ 1/4 cup half-and-half

★ 1/2 tablespoon ground coffee

★ 2 eggs room temperature, beaten

★ One (1) 8-ounce container whipped dessert topping

★ 1/2 pint fresh strawberries or raspberries (optional)



Approximate preparation time: 25 minutes

Serves 2-3

Minibar needed? Yes

Can you prepare night before? Yes

Access to a convenience store is needed to make this recipe.

Place chocolate chips and half-and-half in glass decanter. Place coffee in filter and run 1/4 cup of water through. When chips are melted (approximately 20 minutes) and half-and-half is hot, blend in eggs and stir until smooth (approximately 1 minute). Remove glass decanter from coffeemaker and place on top of a towel on countertop to cool to room temperature. Fold in dessert topping. Place in hotel room glasses, cover with aluminum foil and chill for at least 2 hours in minibar. Serve with more whipped dessert topping or fresh fruit.

## Coffee Toffee Sundae



### ★ Ingredients:



- ★ 1/2 tablespoon ground coffee
- ★ 1/4 cup whipped dessert topping or refrigerated whipped cream in can
- ★ 1/8 cup plus 1 tablespoon brown sugar
- ★ Few shakes of ground cinnamon
- ★ 4-1/2 ounces semi-sweet chocolate chips
- ★ 1-1/2 pints vanilla or coffee frozen yogurt or ice cream
- ★ 1/3 cup toffee-flavored candy bars, chopped
- ★ 2 ounces almonds, chopped (optional)



Approximate preparation time: 35 minutes

Serves 2-3

Minibar needed? Yes

Can you prepare night before? No

Access to a convenience store is needed to make this recipe.

Place dessert topping, brown sugar, and cinnamon in glass decanter. Place ground coffee in filter and run 1/4 cup of water through. Stir ingredients in glass decanter until sugar dissolves (approximately 10 minutes). Add chocolate chips and stir until melted (approximately 20 minutes). If made in advance, cover sauce with aluminum foil and place in minibar. Reheat in glass decanter for 20 minutes when ready to serve. Scoop frozen yogurt into bowls. Pour sauce over frozen yogurt and sprinkle with chopped candy bars and almonds.

## Chocolate Fondue



### ★ Ingredients: ★

★ Five (5) 2.6-ounce dark chocolate candy bars, broken into small pieces ★

★ 1 cup of whipping cream ★

★ 2 bananas, sliced ★

★ 1 apple, sliced ★

★ 1 basket of strawberries, whole ★

★ 10.75-ounce all-butter pound cake (optional) ★



Approximate preparation time: 30 minutes

Serves 3

Minibar needed? Yes

Can you prepare night before? Yes

Access to a convenience store is needed to make this recipe.

Pour cream in glass decanter and heat for 15 minutes. Add broken candy bars to cream and heat for 10 additional minutes. Stir with wooden spoon to create a smooth, rich sauce. Heat for an additional 5 minutes, then remove decanter from heat source. Spear fruit with forks and dip in chocolate sauce to coat. Option: Slice pound cake, pour sauce over cake, and serve with sliced fruit.

## Cinnamon Coffee



### ★ Ingredients:



- ★ 2 tablespoons ground coffee
- ★ 2 teaspoons ground cinnamon
- ★ 2 tablespoons brown sugar
- ★ 2 cinnamon sticks
- ★ Whipped dessert topping or refrigerated whipped cream in can (optional)



Approximate preparation time: 25 minutes

Serves 2

Minibar needed? Yes

Can you prepare night before? No

Access to a convenience store is needed to make this recipe.

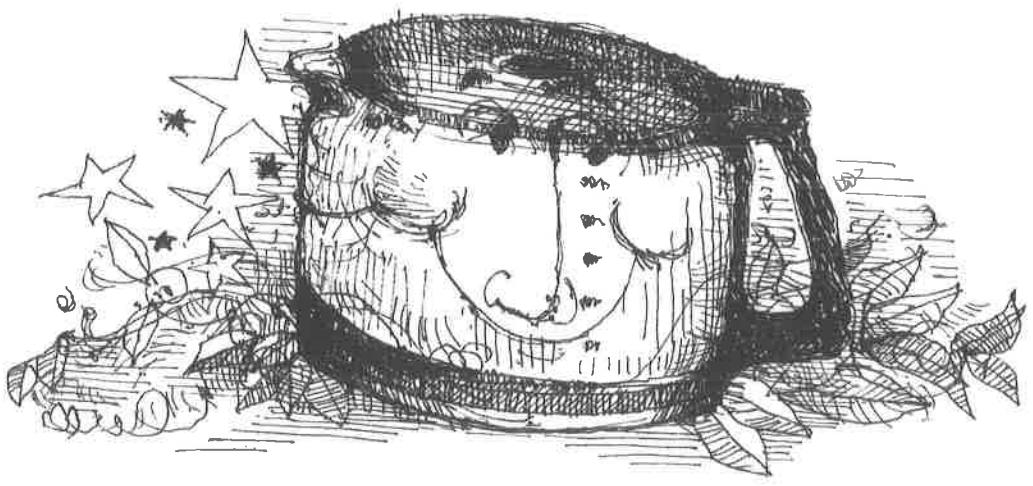
Put coffee and cinnamon in filter. Place brown sugar and cinnamon sticks in glass decanter. Pour 4 cups of water through filter. After coffee has brewed, let stand 20-30 minutes. Garnish with whipped cream.

## Clean Up

Clean up is a snap with a sponge, dishwashing liquid (or mild shampoo), and paper towels. You can put scraps and garbage in the trash-can liners you brought in your **Coffeemaker Cooking Kit**. Use paper towels to dry CCK items before you put them back into your suitcase.

To thoroughly clean brewing funnel and glass decanter as well as rid them of lingering odors:

1. Run 20 ounces of white vinegar through coffeemaker with new paper filter in place.
2. Hot vinegar should remain in decanter for 10 minutes.
3. Discard paper filter, wash decanter and brewing funnel in warm soapy water, then rinse and dry.
4. Return decanter and brewing funnel to coffeemaker and run full load of water through coffeemaker to rinse entire apparatus. Discard water.



## **Biography**

Peter Mazonson is a senior executive with a health care consulting firm. He cares for patients through his clinic practice specializing in internal medicine. He received a B.A. in economics from Harvard College, an M.D. from Dartmouth Medical School, and an M.B.A. from Stanford Graduate School of Business.

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